## General Assistance

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wake County Human Services</td>
<td>919-212-7000</td>
<td>220 Swinburne St, Raleigh, NC</td>
</tr>
<tr>
<td>Catholic Charities</td>
<td>919-790-8533 (x29 for Spanish)</td>
<td>3000 Highwoods Blvd Individual, family, marital, and group counseling for mental health needs. Fees based on a sliding scale.</td>
</tr>
<tr>
<td>Cornerstone Center</td>
<td>919-508-0777</td>
<td>Serves homeless individuals with mental illness and substance abuse issues. Provides resources in areas for crisis intervention, employment and counseling, case management.</td>
</tr>
<tr>
<td>Triangle Family Services</td>
<td>919-821-0790</td>
<td>3937 Western Blvd. Family, marital, and individual therapy licensed clinicians. BY APPOINTMENT ONLY</td>
</tr>
<tr>
<td>The Healing Place</td>
<td>919-838-9800</td>
<td>Men's center and women's center. 3-5 day non-medical detox, 7-12 month substance abuse recovery program for homeless persons. Pick-up at S. Wilmington for men and Blount/Hargett for women (no walk-up)</td>
</tr>
<tr>
<td>Fellowship Health Resources, Inc.</td>
<td>919-573-6520</td>
<td>4112 Blue Ridge Rd</td>
</tr>
<tr>
<td>South Light</td>
<td>919-787-6131</td>
<td>Programs and services for youth and adults with addiction.</td>
</tr>
<tr>
<td>New Leaf Behavioral Health</td>
<td>919-781-8370</td>
<td>3725 National Drive, Suite 120</td>
</tr>
<tr>
<td>Monarch</td>
<td>919-856-4703</td>
<td>401 E. Whitaker Mill Rd. Mental Health related services</td>
</tr>
<tr>
<td>UNC STEP Community Clinic</td>
<td>919-445-0350</td>
<td>3010 Foust Rd.</td>
</tr>
<tr>
<td>Capital Area Transit</td>
<td>919-485-7433</td>
<td>Call for bus schedules.</td>
</tr>
<tr>
<td>Triangle Transit Authority</td>
<td>919-549-9999</td>
<td></td>
</tr>
<tr>
<td>Wake Coordinated Transportation Services—TRACS</td>
<td>919-212-7005</td>
<td>For the elderly (60+) and disabled. Need to provide proof of age or disability. Also provides services for people living in certain rural areas. Mon.—Sat. 6am-6pm Cost $2—$8 Call for more information.</td>
</tr>
<tr>
<td>Accessible Raleigh Transportation</td>
<td>919-996-3459</td>
<td></td>
</tr>
</tbody>
</table>

## Mental Health/Substance Abuse

<table>
<thead>
<tr>
<th>Service</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Open Door Clinic</td>
<td>919-832-0820</td>
<td>1390 Capital Blvd. Medical care and prescriptions for individuals without insurance and don't qualify for Medicaid. 18+ cannot be pregnant.</td>
</tr>
<tr>
<td>Advance Community Health</td>
<td>919-833-3111</td>
<td>Several locations. Call for directions. Offers affordable healthcare and pediatric services to uninsured. Only Wake County residents</td>
</tr>
<tr>
<td>Alliance Medical Ministry</td>
<td>919-250-3320</td>
<td>101 Donald Ross Dr., Raleigh Offers affordable medical care and health education. Must be employed. Bring at least 2 pay stubs.</td>
</tr>
<tr>
<td>WCHS Medical Eye Care Program</td>
<td>919-250-4621</td>
<td></td>
</tr>
<tr>
<td>Public Health Center Services</td>
<td>919-212-7000 (adults)</td>
<td>919-250-4570 (pediatrics) Primary care for children and adults. Sliding scale fee for the uninsured</td>
</tr>
<tr>
<td>Wake Tech Dental Hygiene</td>
<td>919-747-0126</td>
<td>some fees apply</td>
</tr>
<tr>
<td>Mariam Clinic</td>
<td>919-824-4672</td>
<td></td>
</tr>
<tr>
<td>Wake County Dental Clinic</td>
<td>919-250-4610</td>
<td>Dental Care for kids 3-18 and woman who are pregnant, based on family income. Medicaid and NC Health accepted</td>
</tr>
<tr>
<td>UNC Dental School</td>
<td>919-537-3737</td>
<td></td>
</tr>
</tbody>
</table>

## Crisis Hotlines

<table>
<thead>
<tr>
<th>Service</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Al-Anon</td>
<td>919-713-1516</td>
<td>For family members of those dealing with alcoholism</td>
</tr>
<tr>
<td>Birthchoice</td>
<td>919-781-5433</td>
<td>Pregnancy help</td>
</tr>
<tr>
<td>Carolina Poison Control Center</td>
<td>1-800-222-1222</td>
<td>24-hr poison help line</td>
</tr>
<tr>
<td>Child Abuse Hotline</td>
<td>1-800-4ACHILD</td>
<td></td>
</tr>
<tr>
<td>Drug Helpline (U.S. DHHS)</td>
<td>1-800-662-HELP</td>
<td>24-hr treatment referral and information about mental and/or substance use disorders, prevention and recovery.</td>
</tr>
<tr>
<td>Holly Hill RESPOND</td>
<td>919-250-7000 or 1-800-447-1800</td>
<td>24-hour mental health and substance abuse evaluations</td>
</tr>
<tr>
<td>Hopeline</td>
<td>919-231-4525</td>
<td>24-hour local crisis and suicide prevention hotline.</td>
</tr>
<tr>
<td>Interact Domestic Violence Hotline</td>
<td>919-828-7740</td>
<td>24-hour hotline for survivors and victims of domestic violence</td>
</tr>
<tr>
<td>Interact Sexual Assault Hotline</td>
<td>919-828-3005</td>
<td>24-hour hotline for survivors and victims of sexual assault</td>
</tr>
<tr>
<td>Lifeline</td>
<td>1-800-273-TALK (8255)</td>
<td>National suicide prevention hotline</td>
</tr>
<tr>
<td>Teen Talkline</td>
<td>919-231-3626</td>
<td></td>
</tr>
</tbody>
</table>

## Health Assistance

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Capital Area Workforce Center</td>
<td>919-250-3770</td>
<td>220 Swinburne St., Raleigh</td>
</tr>
<tr>
<td>Resources for Seniors</td>
<td>919-872-7933</td>
<td>In-Home Services.</td>
</tr>
<tr>
<td>The Women's Center</td>
<td>919-829-3711</td>
<td>112 Cox Ave. Raleigh Addresses issues of poverty/homelessness among women</td>
</tr>
<tr>
<td>Capital Area NWorks Career Center</td>
<td>919-715-0111</td>
<td>Food stamp recipients only</td>
</tr>
<tr>
<td>Child Care Service Association</td>
<td>919-403-6950</td>
<td>Child care referrals</td>
</tr>
</tbody>
</table>

## Financial Assistance

<table>
<thead>
<tr>
<th>Service</th>
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</tr>
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<tbody>
<tr>
<td>First Presbyterian Church</td>
<td>919-833-4070</td>
<td>120 West Hargett St, Raleigh By appointment only</td>
</tr>
<tr>
<td>North Raleigh Ministries</td>
<td>919-844-6676</td>
<td>9650 Strickland Rd. Raleigh By appointment only. Call for appointment Mon &amp; Thur 10am. Must bring photo ID, SS cards, utility bill, copy of lease, and 2 mo pay stubs. Financial assistance for residents living in the following zip codes: 27604, 27609, 27612, 27613, 27614, and 27615, 27616.</td>
</tr>
<tr>
<td>Assurance Wireless</td>
<td>1-888-321-5880</td>
<td>Free cell phones for low-income clients</td>
</tr>
<tr>
<td>ChurchNet</td>
<td>919-569-0020</td>
<td>Wake Forest, Youngsville, &amp; Rolesville residents only.</td>
</tr>
<tr>
<td>Dorcas Ministry</td>
<td>919-469-9861</td>
<td>187 High House Rd., Cary Mon - Fri 9:00am – 3:00pm &amp; by apt. Cary &amp; Morrisville residents only Apex residents need referral form</td>
</tr>
<tr>
<td>Western Wake Crisis Ministry</td>
<td>919-362-0657</td>
<td>Mon.—Thur. 10am—1pm 103 1/2 E. Chatham St. Apex Provides emergency financial aid for residents of APEX AND HOLLY SPRINGS ONLY</td>
</tr>
<tr>
<td>Garner Area Ministry</td>
<td>919-772-9100</td>
<td>rent, water and prescription medication Garner residents only</td>
</tr>
<tr>
<td>Hillyer Memorial Christian Church</td>
<td>919-832-7112</td>
<td>helps with light bills (that have disconnection notice) up to $100. Call Fridays at 9am for an appointment</td>
</tr>
</tbody>
</table>

## Other Resources

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<tr>
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<tbody>
<tr>
<td>Centro Para Familias Hispanas (Hispanic Family Center)</td>
<td>919-873-0994</td>
<td>2013 Raleigh Blvd., Raleigh Resources/retail/class, workshops/counseling. Call for apt.</td>
</tr>
<tr>
<td>Carolina Poison Control Center</td>
<td>800-222-1222</td>
<td>24-hour hotline for survivors and victims of domestic violence</td>
</tr>
<tr>
<td>Interact Domestic Violence Hotline</td>
<td>1-800-273-TALK (8255)</td>
<td>National suicide prevention hotline</td>
</tr>
<tr>
<td>Hopeline</td>
<td>919-231-4525</td>
<td>24-hour local crisis and suicide prevention hotline.</td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>919-783-6144</td>
<td>24-hr alcohol abuse hotline. Provides info on local AA meetings</td>
</tr>
<tr>
<td>Anon</td>
<td>800-CALL-ANON</td>
<td>800-222-6566</td>
</tr>
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## Transportation Assistance

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<tbody>
<tr>
<td>Capital Area Transit</td>
<td>919-485-7433</td>
<td></td>
</tr>
<tr>
<td>Triangle Transit Authority</td>
<td>919-549-9999</td>
<td></td>
</tr>
<tr>
<td>Wake Coordinated Transportation Services—TRACS</td>
<td>919-212-7005</td>
<td>For the elderly (60+) and disabled. Need to provide proof of age or disability. Also provides services for people living in certain rural areas. Mon.—Sat. 6am-6pm Cost $2—$8 Call for more information.</td>
</tr>
<tr>
<td>Accessible Raleigh Transportation</td>
<td>919-996-3459</td>
<td></td>
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* Call ahead to find out if there are any changes. Check [www.cporage.org/publications.html](http://www.cporage.org/publications.html) for most recent version.
Shelters

Centralized Intake for Homeless Women & Children
919-861-1195
Call to be directed to services that provide housing for women and children.

South Wilmington Street Center
919-857-9428
1420 S. Wilmington St
Emergency shelter for men 24/7. Only for Wake County Residents. Provides long term and short term housing.

The Healing Place
919-838-9800
1251 Goode St. (Men) , 3304 Glen Royal Road (Women)
Emergency shelters for men and women. Must call ahead to be considered for the night. There are different procedures for men and women.

Raleigh Rescue Mission
919-828-9014
Emergency shelter

Family Promise of Wake Co.
919-832-6024
903 Method Rd
Housing for couples with or without children or single mothers. Call first Intake is Mon-Thurs 7 am to 6pm

Wrenn House
919-832-7866 / 919—833-3312
908 W. Morgan St
shelter for young people (age 10-17). Call ahead to complete screening process

Interact
919-828-7740
Women & children. Must call first to complete screening process.

Love Wins Ministries
919-835-2777
824 N. Bloodworth St., Raleigh
Day shelter. open Monday –Thursday, 9-1 and by appointment on Friday

Salvation Army Woman and Children center

Transitional Housing

The Caring Place
919-462-1800
Transitional housing for working families with children. Must be employed and working full-time, and homeless or at risk of becoming homeless. Must call to complete intake form.

PLM Families Together
919-212-1123
908-101 Pineview Dr.
Provides short term housing and rehousing support. For families that are residents of Wake County.

Passage Home
919-834-0666
Must call Mondays between 10 am and 11 am to receive an appointment.

AME Incentive Program
919-834-3734
412 Capital Blvd., Raleigh
Housing for single men. It is a shared living space and capacity is 40. Some meals provided, $60 per week. Must have referral.

Helen Wright Center for Women
919-833-1748
For woman only. Must call or visit to put name on waiting list. Each guest contracts initial stay of 2 months.

Lutheran Services Carolinas
919-832-2620
4020 Wake Forest Rd. Suite 301
Raleigh
Transitional housing for adults with severe and persistent mental illness.

Oxford House
800-689-6411
Various houses in the area are available for both men and women recovering from alcohol and/or drug addiction. Must apply directly to the house of interest, average $90-125 weekly fee.

Wake County Housing Referral Line—Managed by Triangle Family Services
919-861-1195
Monday– Friday

Clothing Assistance

Brooks Avenue Church of Christ
919-821-2400
700 Brooks Avenue, Raleigh
Second and fourth Saturday of every month 9:00am– Noon. No referral required. Must have ID

Garner Area Ministries
919-772-9100
885 Hwy 70 West, Garner
Garner residents only.
Mon, Wed, Thurs & Fri 9:00am–Noon
Food and financial assistance also available.

Salvation Army
919-779-8867
205 Tryon Rd., Raleigh
Must call on Monday at 8 to schedule an apt for Friday. Must have id for person receiving clothing, SSN for each family member

First Baptist Church
919-832-4485
99 N. Salisbury St., Raleigh
Wed 10:11:30 am, Thurs 1:2-3:30 pm
Free Clothing , Must have ID

Reaping the Harvest Christian Church
919-924-2744
331 Tryon Rd, Raleigh NC 27603
By Apt only
Tue & Fri 10:30-1:30

With Love from Jesus
919-233-8010
421 Chapanco Rd., Raleigh
Tue, Wed, Fri, and Sat 10am—11:30am
No Referral Required

Dorcas Ministry
919-469-9861
167 High House Rd., Cary
Mon - Fri 9:00am – 3:00pm & by apt. Cary & Morrisville residents only

Food Assistance

Catholic Parish Outreach
919-673-0245
2013 Raleigh Blvd, Raleigh
Mon - Sat 10:00am – 1:00pm. No referral required every visit/ID first visit

Durham Community Food Pantry
919-286-1964
2020 Chapel Hill Rd. Suite 30, Durham
No referral required food pantry serving Durham and Orange Counties. Open Wednesdays 10:00-1:00PM

Salvation Army
919-834-6733
1863 Capital Blvd., Raleigh
Tues/Thurs at 12:30, 1st 20 people only. ID for all family members required.
No referral required. Call for appointment.

Urban Ministries Food Pantry
919-836-1642
1390 Capital Blvd. Raleigh
Mon-Fri 9am – 1pm
ID for all members of household required.
Must be a Wake county resident.

Dorcas Ministry
919-469-9861
187 High House Rd., Cary
Mon - Fri 9:00am – 3:00pm & apt. Cary & Morrisville residents only

North Raleigh Ministries
919-844-6676
9650 Strickland Rd. Raleigh
Mon—Thur 10am-12:30pm, Thur 2-3pm
No referral required. Need photo id, social cards, & utility bill. For residents living in the following zip codes: 27604, 27609, 27612, 27613, 27614, 27615, and 27616.

Shepherd’s Table Soup Kitchen
919-831-2010
121 Hillsborough St., Raleigh
Mon-Fri 11:00AM – Noon
Provides free hot meals.
No referral required.

The Point Food Pantries
919-467-9159
1503 Walnut St., Cary &
1402 E. Williams St., Apex
3700 Lake Wheeler Rd., Raleigh
Every Saturday 11:00AM—Noon
No referral required, must live in Wake Co.

With Love from Jesus
919-233-8010
421 Chapanco Rd., Raleigh
Tue, Wed, Fri, and Sat 10am—11:30am
No Referral Required

Western Wake Crisis Ministry
919-362-0657
1600 Olive Chapel Rd suite 408 Apex
Mon, Tue, Wed, Thu 11am—2pm
2nd & 4th Thur. evenings 6:30pm —8pm Services for residents of Friendship, Holly Springs, New Hill, and Apex. Please bring proof of current address. No referral req’d.

Wake Relief
919-833-6400 ext. 3
616 Tucker St, Raleigh
Mon/Tue 1-3pm, Wed/Fri 10-noon
4th Sat 10-noon, Referral Required. Must have id for all family members and last 5 digits of SSN

Household Goods/Furniture

With Love from Jesus
919-233-8010
421 Chapanco Rd., Raleigh
Tue, Wed, Fri, and Sat 10am—11:30am
No Referral Required

Helping Hand Mission
919-829-8048
623 Rock Quarry Rd, Raleigh, NC.
Mon – Fri 10:00am – 7:00pm

Thrift Stores

Salvation Army
919-779-8867
205 Tryon Rd, Raleigh

Raleigh Rescue Mission
919-877-1117
4700 Capital Blvd Raleigh, NC 27604

Interact’s Pass it on Too
919-865-1601
1012 Oberlin Rd., Raleigh

Goodwill Industries
919-834-0504
321 W. Hargett St., Raleigh

Salvation Army
919-834-6400 ext. 3
616 Tucker St, Raleigh
Mon/Tue 1-3pm, Wed/Fri 10-noon
4th Sat 10-noon, Referral Required. Must have id for all family members and last 5 digits of SSN